

Uke	Shomen uchi	Shomen uchi kiawase	Mune tori	Ushiro kubi jime (ryote hikiage)
	Yokomen uchi	Katate tori aihanmi	Ryo eri tori	Ushiro ryokata tori
	Jodan tsuki	Katate tori gyakuhanmi	Kata tori menuchi	Ushiro hiji tori (daki kakae)
	Chudan tsuki	Ryote tori (mae geri)	Katate ryote tori	Ushiro ryote tori

Kobo no Genri				
Uchi no Ri <i>Schwerpunkt</i> Atemi	Torifune kokyunage	Sumi otoshi Furitsuki Kokyunage	Ikkyo	Aiki goshi
	<i>Mae otoshi</i>	<i>Jiuji garami</i>	<i>Gokyu</i>	<i>Koshi guruma</i>
Osae no Ri <i>Schwerpunkt</i> Festhalten	Genkei kokyunage Hitoemi kokyunage	Kotegaeshi	Nikyo	Aiki otoshi
	<i>Hiki otoshi</i>	<i>Ude garamiosae</i>	<i>Hiji kimeosae</i>	<i>Chinshin kurumagaeshi</i>
Nage no Ri <i>Schwerpunkt</i> Werfen	Tenchinage	Iriminage	Sankyo	Kaitennage
	<i>Kiri otoshi</i>	<i>Kubi jime</i>	<i>Uchikaiten sankyo</i>	<i>Seoi guruma</i>
Zan no Ri <i>Schwerpunkt</i> Schneiden	Shihogiri kokyunage	Shihonage Zanto kokyunage	Yonkyo	Ude kimenage
	<i>Kaiten otoshi</i>	<i>Gyaku hiji kimeosae</i>	<i>Ude garami</i>	<i>Te gurima</i>

Schwerpunkt: 80 % Anteil am Ausführungskonzept

Verbund-Techniken